



BRAINSTORMS

With Ferris Cox

Once more on football. Auburn fans are apparently still burning over the pictures in this newspaper of the unloved Auburn Tickets at the first of the 1972 season. They are still demanding equal time "cause their school is the best" . . . they say. The best way to sum up their feelings is to repeat the joke (An Alabama fan told it to me) QUESTION: "Why does Auburn play Alabama each year?" ANSWER: "Just for Kicks." Close the 1972 football season. No more until next fall in this column.

Let's cross our fingers that peace is just around the corner in Vietnam. Our leaders have said that the FOW's were a vital part of any settlement and I hope they mean what they say. Senator Barry Goldwater committed to newsmen this week that he felt now is the time "for us to shut our mouth and let them settle it". He may be right . . . It is worth a try.

Our county commissioners are under a lot of pressure to make a great many changes and to make them NOW. Whatever they decide to do, we have elected them to do the job and must respect their ability at least until they have shown us they can't handle the job. Then will be the time to jump down their throats and start resorting to other means to get good government. But above all this we should and must keep our heads and not let go the deep end because we want a certain thing done or left undone. If we go off the deep end we can no longer be of any use to ourselves or to our community.



Doctor in the Kitchen

by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

VITAMIN INTERRELATIONSHIPS - IV

(Fourth of a four-part series of articles)

In the past three weeks we've talked about vitamins generally, but specifically vitamins A and D. What I didn't mention in the earlier columns is that vitamins A and D, along with vitamins E and K, are known as the fat-soluble vitamins. This is because they all appear in the fat portion of foods. All the fat-soluble vitamins are stored in our bodies to some degree, hence we can build up a reserve.

All other vitamins are water-soluble. These are not stored in the body. They constantly are leaving by way of excretion and must be replenished from our food. Later in this column, they will be discussed.

Vitamin E
But first a word about vitamin E. It is essential. Deficiencies in various animals have caused degeneration of skeletal muscles, paralysis of the legs, and reproductive failure. But none of these failures have been demonstrated in man. Vitamin E in the body acts as an antioxidant, uniting with oxygen to help prevent blood cell ruptures caused by oxidizing agents such as the peroxides in unsaturated fatty acids. The daily need for vitamin E is closely related to how much polyunsaturated fats you consume.

Vitamin C
As for vitamin C, it apparently is involved in many of the reactions within cells but this function is little understood. We do know that vitamin C is vital in helping to make the cementing materials that hold body cells together. Vitamin C also helps make the walls of our blood vessels firm, and it helps us in healing wounds and broken bones. Scurvy, once a disease suffered by sailors from lack of citrus fruits in their diets, would result if you did not get enough vitamin C.

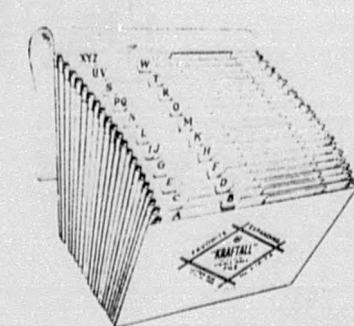
The Water-Soluble Vitamins
The water-soluble vitamins include all those referred to as the B vitamins. B complex, plus vitamin C, or ascorbic acid. At least 11 vitamins compose the complex. The major ones are thiamin, riboflavin, niacin, folic acid, vitamin B12, Vitamin B6, pantothenic

acid, and biotin. There isn't space to adequately discuss them, but here, briefly, are some facts. Thiamin promotes appetite and digestion, keeps the nervous system healthy, and helps the body release energy from food. Riboflavin helps cells use oxygen, helps keep skin, tongue and lips smooth and normal. Niacin helps keep the nervous system healthy, keeps the bones marrow, a disease once prevalent in our southern states. Folic acid and vitamin B12 are related to the health of red blood cells. B12, on its own, is essential for body cell function, especially those in bone marrow, the nervous system and the gastrointestinal tract.

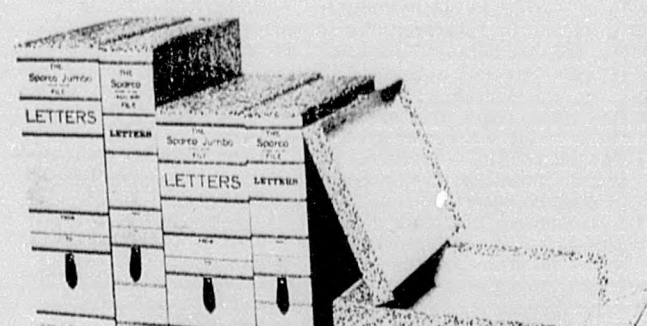
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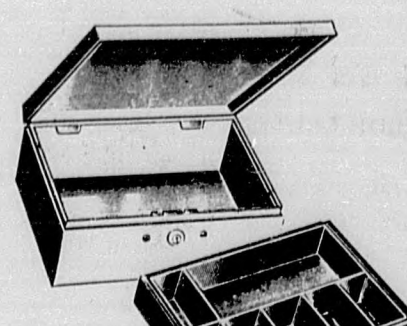
OFFICE SUPPLIES



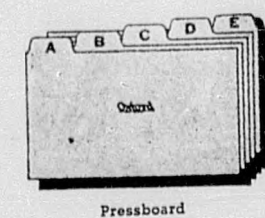
EXPANDING FILES



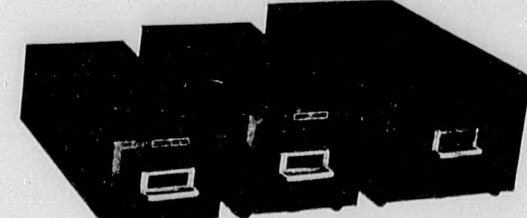
BOX LETTER FILES



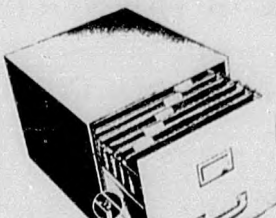
STEEL CASH BOX



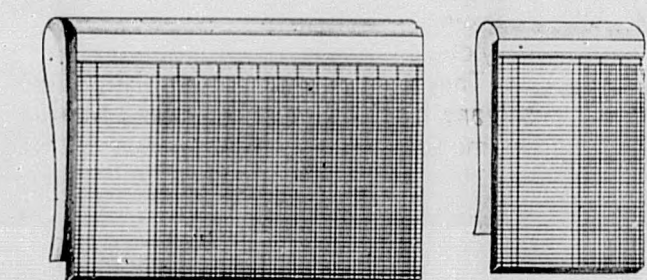
CARD GUIDES



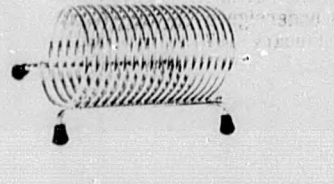
CARD CABINETS



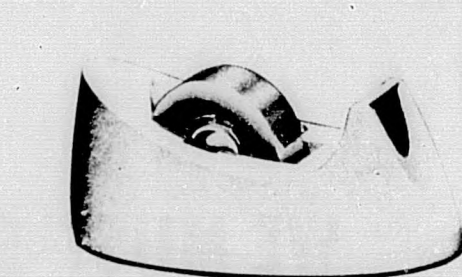
STEEL DRAWER FILES



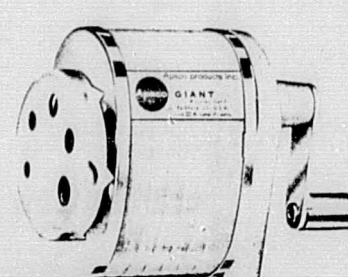
COLUMNAR RULED PADS



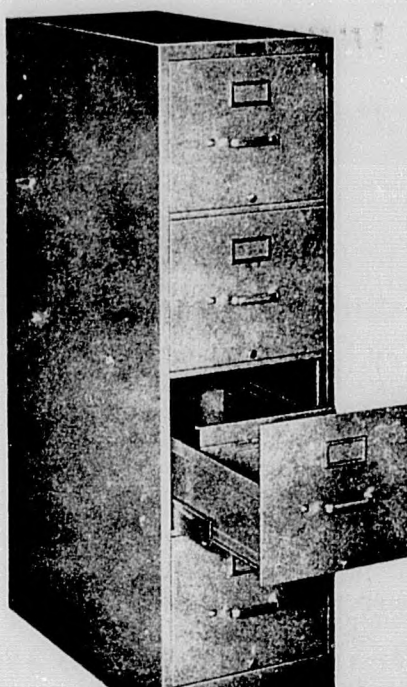
LETTER HOLDER



TAPE DISPENSERS

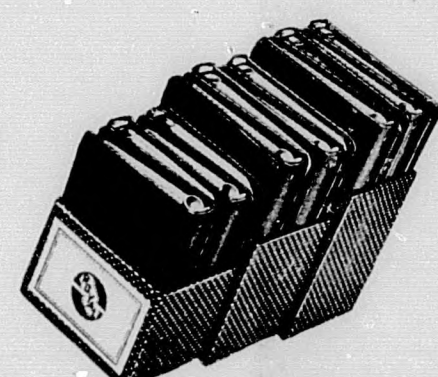


PENCIL SHARPENERS

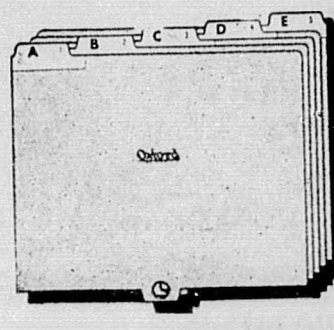


FILING CABINETS

Full Suspension 2 or 4 drawer
letter or legal size



LOOSE LEAF MEMO BOOKS



FILE GUIDES

The Elba Clipper

BEN RINGSDORF HAS BEEN A POW 6 YEARS AND 61 DAYS. THAT IS 322 WEEKS

2251 DAYS



LEGAL NOTICES

BECAUSE THE PEOPLE MUST KNOW

THE STATE OF ALABAMA,
COFFEE COUNTY
ELBA DIVISION
IN THE CIRCUIT COURT
IN EQUITY

Jerry Jerome Frances
Complainant, vs. Mary Martha
Frances Defendant.

TO: Mary Martha Frances
Complainant has filed a Bill
of Complaint against you
in this court, and you are re-
quired to appear and plead to
or answer the same by the
22nd day of January 1973, or
in thirty days thereafter a de-
gree pro confesso may be ren-
dered against you.

This 22nd day of Decem-
ber 1972,
Gladys Clark, Register
12-28-47c



First Aid Fast Is What Counts

Keep those first aid
supplies close at
hand . . . help keep
small injuries un-
der control. Your
pharmacist has
them all. Stop in.

Elba Drug
Co.

Notice as of this date
Elba Sound Center
now has night service on
televisions after 6 p.m. call
897-5462 Max Holley

BUILDERS HOMES

Announcing

JOHN SIZEMORE

105 REGAL STREET
ENTERPRISE, ALABAMA
PHONE 347-5928

As full time representative
for Coffee County

HOME OFFICE

1707 MONTGOMERY HIGHWAY
DOTIUM, ALABAMA
794-2741

We're building under FHA, VA,
FHA- 235 and CONVENTIONAL

Please contact me at one
of the above locations.

100 WORKERS ARE NEEDED 1st & 2nd
SHIFT AT THE CONAGRA POULTRY
PROCESSING PLANT, ENTERPRISE.

PAY-SCALE STARTS AT \$1.85/HR. & ADVANCES TO
\$1.95/HR. AFTER 60 WORKING DAYS.

HOLIDAYS, VAC. PAY, INS. PROGRAMS ARE UP TO
MODERN INDUSTRY STANDARDS.

WORKING CONDITIONS ARE EXCELLENT IN ONE OF
THE MOST MODERN POULTRY PLANTS IN THE NATION.

AN EQUAL
OPPORTUNITY EMPLOYER
CALL: 347-0515

1965, recorded in Miscellaneous
Book 15 at Page 304; and which
said Mortgage was subsequently
transferred and assigned by
Commercial Acceptance Corp-
poration, to Home Security Cor-
poration, a corporation, by As-
signment dated 28 June, 1968,
recorded in Miscellaneous Book
22, at Pages 14-15; and which
said Mortgage was subsequently
transferred and assigned by
Home Security Corporation to
The Oxford Finance Company,
a corporation, by Assign-
ment dated 19 July, 1972, re-
corded in Miscellaneous Book
22, at Page 16, in the Office
of the Judge of Probate of Col-
fee County, Alabama, at Elba,
Alabama, and which said Mort-
gage was subsequently secured
by said Mortgage and in the
performance of the terms of
said Mortgage and said de-
fault continuing.

NOW, THEREFORE, The
Oxford Finance Company, Inc.,
a corporation, the transferee
and owner of said Mortgage, will
sell, under and by virtue of
the power of sale contained in
said Mortgage, at 1:30 o'clock
A.M., on Monday, February 12,
1973, at public auction, to the
highest bidder for cash, in front
of the Courthouse door of Col-
fee County, in the City of Elba,
Alabama, the real estate en-
braced in said Mortgage, to-
wits: Begin 70 feet West of the
South East Corner on the North
side of the Tonnell Road and
the line of the Preswood prop-
erty. Run North a distance of
210 feet to a point, thence
West a distance of 70 feet to
a point, thence South a dis-
tance of 210 feet to a point,
thence East along Tonnell Road
a distance of 70 feet more or
less to the starting point. Con-
taining one-third acre more or
less being situated in the SW 1/4
of SE 1/4 Section 2, Township
7, Range 22, Coffee County,
Alabama, together with the
hereditaments and appurten-
ances thereto belonging.

Said sale will be made for
the purpose of realizing the
Mortgage debt, together with
all expenses of this sale, in-
cluding a reasonable attorney's
fee.

This 3rd day of Janu-
ary, 1973,
THE OXFORD FINANCE
COMPANIES, INC., a Corpora-
tion, the Transferee and
Owner of said Mortgage
1-11-37c

THE STATE OF ALABAMA)
COFFEE COUNTY
PROBATE COURT
January 4, 1973
In the Matter of The Estate
of RAYMOND WISE, Deceased.
Letters of Administration on
the Estate of Raymond Wise, De-
ceased, having been granted to
the undersigned on the 4th day
of January 1973 by the Hon.
James L. Sawyer, Judge of Pro-
bate of said County, notice is
hereby given that all persons
having claims against said es-
tate, are hereby required to
present the same within the
time allowed by law, or the same
will be barred.

Q. J. Wise and Raymond Wise
Administrators
1-11-37c

ESTATE OF L. J. DISMUKES
Deceased
Letters testamentary of said
deceased having been granted

to the undersigned on the 11th
day of January, 1973, by the
Hon. James L. Sawyer, Judge of
Probate Court of Coffee
County, notice is hereby given
that all persons having claims
against said estate are hereby
required to present the same
within time allowed by law or
the same will be barred.
Herman Dismukes
Executor of said estate
1-18-37c

Any person who believes
himself, or any specific class
of individuals to be subjected
by this organization to discrim-
ination prohibited by Title VI
of this Act and the Rules and
Regulations issued thereunder,
may, by himself or a representa-
tive, file with the Secretary
of Agriculture, Washington D. C.
20250, or the Rural Electrifi-
cation Administration, Wash-
ington D. C. 20250, or this
organization, or all, a written
complaint. Such complaint must
be filed not later than 90 days
after the Agriculture or the Ru-
ral Electrification Administra-
tion extends the time for fil-
ing. Identity of complainants
will be kept confidential except
to the extent necessary to carry
out the purposes of the Rules
and Regulations.

the operations of this organiza-
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SALE

STARTS

THURSDAY

8 A. M.

AT

MARTINS



Most of
your phone system is invisible.
However,
your phone company is not.

You never see the complicated electro-
mechanical gear that makes your phone work.
For example, we have machines that periodically check every line.

They look for trouble even when there isn't any. It's one form of automated preventive medicine we use to keep your phone ready to use when you need it.

But, even these intricate systems of lines

and devices are just a part of our operation. We're mainly people. Thousands of us dedicated to service. For every one of us that you see there are 8 others doing the behind-the-scenes jobs that keep your phone buzzing.

We are all committed to our "One-to-One" service policy. So, even though you may not see us all face to face doesn't mean we can't deal with each other one to one.



GTE

GENERAL TELEPHONE

The people you can talk to One-to-One.



POOR ORIGINAL



Phillip Martin Receives Leadership Award

Phillip Martin, center in County Rural Leadership Development Award from Associate County Extension Chairman Sara E. Hutchinson. Martin is currently serving as president of the Coffee County Farm Bureau and is also serving as director of the Alabama Farm Bureau Federation. He is also past president of the American Dairy Association in Alabama.

DELOSIS' BEAUTY SHOP

Open 6 Days A Week
Monday thru Saturday
Call or come by for appointment.
Some Wigs Still on Sale.
NEWTON STREET ELBA 897-5585

CONSOLIDATED REPORT OF CONDITION OF THE PEOPLES BANK

Of ELBA In The STATE OF ALABAMA

And Domestic Subsidiaries At The Close Of Business

On December 30, 1972 (Closed Sunday, 12-31-72)

ASSETS

Cash and due from banks (including \$ -0- uncollected deposits)	\$ 631,636.98
U. S. Treasury securities	623,765.16
Obligations of other U. S. Government	249,812.50
Obligations of States and political subdivisions	\$1,403,599.52
Other securities (including \$ -0- corporate stocks)	None
Trading account securities	None
Federal funds sold and securities purchased under agreements to resell	150,000.00
Other loans	3,384,807.37
Bank premises, furniture and fixtures, and other assets representing bank premises	148,285.79
Real estate owned other than bank premises	None
Investments in subsidiaries not consolidated	None
Customer's liability to this bank on acceptance outstanding	None
Other assets	42,627.41
TOTAL ASSETS	\$6,634,534.73

LIABILITIES

Demand deposits of individuals, partnerships, and corporations	\$1,784,421.67
Time and savings deposits of individuals, partnerships, and corporations	2,594,298.13
Deposits of United States Government	27,598.28
Deposits of States and political subdivisions	1,297,869.12
Deposits of foreign governments and official institutions	None
Deposits of commercial banks	None
Certified and officers' checks, etc.	23,285.42
TOTAL DEPOSITS	\$5,727,472.62
(a) Total demand deposits	\$2,616,236.77
(b) Total time and savings deposits	\$3,111,235.85
Federal funds purchased and securities sold under agreements to repurchase	None
Other liabilities for borrowed money	None
Mortgage indebtedness	8,500.00
Acceptances executed by or for account of this bank and outstanding	None
Other liabilities	225,556.19
TOTAL LIABILITIES	\$5,961,528.81
MINORITY INTEREST IN CONSOLIDATED SUBSIDIARIES	None

RESERVES ON LOANS AND SECURITIES

Reserve for bad debt losses on loans set up pursuant to Internal Revenue Service rulings	44,663.99
Other reserves on loans	None
Reserves on securities	None
TOTAL RESERVES ON LOANS AND SECURITIES	44,663.99

CAPITAL ACCOUNTS

Capital notes and debentures (specify interest rate and maturity of each issue outstanding)	None
Equity capital, total	628,341.93
Preferred stock-total par value (No shares outstanding 0-)	None
Common stock-total par value (No shares authorized 16,500) (No shares outstanding 16,544)	204,300.00
Surplus	200,000.00
Undivided profits	224,041.93
Reserve for contingencies and other capital reserves	None
TOTAL CAPITAL ACCOUNTS	628,341.93
TOTAL LIABILITIES, RESERVES, AND CAPITAL ACCOUNTS	\$6,634,534.73

MEMORANDA

Average of total deposits for the 15 calendar days ending with call date	\$5,757,203.69
Average of total loans for the 15 calendar days ending with call date	3,320,454.93
Unearned discount on installment loans included in total capital accounts	None

I, Gerald Tucker, Cashier, of the above-named bank, do solemnly AFFIRM that this report of condition is true and correct, to the best of my knowledge and belief.

Correct - Attest: Gerald Tucker

DIRECTORS

L. S. Rainer, Jr.
L. B. Murphree
Walter W. Cox

State of Alabama, County of Coffee, do hereby certify that I am not an officer or director of this bank. My commission expires February 19, 1975.
Betty C. Lewis, Notary Public

Heart Checkup; The Doctor As Detective

When your physician peers into your eyes with his ophthalmoscope during a regular examination, he is probably learning much more about the state of your arteries than about the sharpness of your vision. The tiny blood vessels which he easily sees on the surface of the retina often reflect the condition of arteries elsewhere in your body.

In the course of the examination he will undertake many such simple tests which provide information about the health of your heart and blood vessels. If there is any circulatory disorder present, he may be able to detect it long before symptoms occur, thereby protecting you from serious difficulty. It is for this reason that the Alabama Heart Association urges a yearly physical examination as a very important form of health insurance.

At the beginning of your examination you will be asked a series of questions about possible heart symptoms. Your doctor will want to know, for example, how much exertion it takes to get you out of breath, and he may quiz you about certain telltale types of chest discomfort, dizziness, leg pain, etc. which may be clues to underlying heart or circulatory disorders. Of course, not all such symptoms mean trouble but certain patterns of response to these questions will be the signal for further tests. When he performs the actual physical examination he will be looking, probing, and listening for other possible clues. He will check the pulse, not only

at your wrist, but in the arteries of your legs and feet as well. He may listen with his stethoscope over some vessels, especially the carotid arteries in your neck, in order to detect the "swishing" noise of blood flowing through a segment narrowed by arteriosclerosis (thickening of artery walls).

He will press firmly on the mid-abdomen in the search of any ballooning or bulging (aneurysm) of the major artery (aorta). In some instances he may check the blood pressure in your legs as well as your arms, since a significant difference in these pressures may provide a warning of partial blockage of an artery.

("Living With Your Heart" is a public service of the Alabama Heart Association, which can provide further information on the care of the heart.)

Sound Of South Has Four Elba Members

The Troy State University's Sound of the South Marching Band has accepted an invitation to be the official Representative of the State of Alabama in the Inaugural Parade on January 20, 1973, in Washington, D. C. Elba has four members in the band this year. They are: Miss Patricia Clark, daughter of Dr. and Mrs. James Clark, a second year Waivette; Miss

Deborah Hocutt, daughter of Mr. and Mrs. George Hocutt, a second year clarinet player; Miss Norma Mallory, daughter of Mr. and Mrs. Wade Mallory, a second year clarinet player; and Mr. Rex Parrish, son of Mr. and Mrs. Roy Parrish, a first year saxophone player. The 164-member band, considered one of the nation's greatest collegiate marching bands, will be leaving on Thursday, January 18, 1973, for its performance in Washington. The director of the band is Dr. John M. Long, Dean of the School of Fine Arts at Troy State University.

USED CAR AUCTION!

DISMUKES FORD

Saturday at 10 A. M.

Used Car Buyers and public

Invited to Attend!

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with roll-a-bout stand

Save \$50 on Spanish Family Room
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Sofa and two spacious chairs

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Three styles to choose from
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Livens up any meal
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Savings of \$20.95

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Your Choice
\$59.00

Save \$20.95 7 pc. Dinette
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Hotel/Motel Mattress & Box Spring Set Crafted For Long Service
\$79 Set

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\$99 Set

Simmons King-Size Set
\$249 All 9 pieces

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\$74 each piece

\$40.95 off Traditional Sleep Sofa
\$299

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STORE HOURS 8:00 a.m. to 5:30 p.m. WEDNESDAY 8:00 a.m. to 12:00 noon

ALABAMA HISTORY PROJECTS DISPLAYED

Pictured are the projects made by Mr. Ted Fillinger's

ZCHS

REBEL NEWS

Terri Wilson Dorothy Nunn Nickie Sexton Editors Mrs. Sylvia Lowery - Sponsor

ZCHS Rebel

Football Banquet

The ZCHS Rebel football banquet was held December 21, 1972, in the school cafeteria. The captain of the Z Club, Phil Rung and co-captain, Joe Johnson gave the welcome. The dinner served to the guests was roast completion green beans, field goal green salad, First down cream potatoes, Extra point rolls, Safety apple rings, Touchdown fried chicken, Final Whistle peach pie, and cheers tea. The guest speaker for the evening was Silas Shepard, who gave a very interesting and entertaining speech. The Senior football players and cheerleaders received Senior Awards and Certificates, and all the players received certificates. Special Awards were given to the following: Best offensive lineman - Joe Johnson, Best Offensive Back - Robert Boyd, Best Defensive Back - Jeff Kelley, Pep Club Award - Cindy Wilson, Most Improved Award - Johnny Legg, Most Valuable Player - Phil Rung, Best Sportsmanship - Gary Sowell, Varsity Cheerleader - Barbara Ziegler, and Pep Club Captain Award - Cindy Wilson. The banquet was concluded with thanks of the coaches to everyone for their support during the year, and wishes for a happy holiday season.

?Guess Who?

GUESS WHO? There once was a cute named who yelled for her mother to feed her. Now she's still yelling. But it's team spirit she's selling. And telling kibbels how great they are! Favorite Food: Pizza Favorite Subject: Physics Interest: Cheerleading!



TEACHER TALK

Mrs. Rea Young, second grade teacher, is featured in Teacher Talk this week. This is her first year in the second grade here as she had previously taught the special class at Z. C. Mrs. Young commented on the friendliness of the high school students in always wanting to assist the elementary school teachers. She also says that she likes about the school is the interest in learning that the children show. To improve the school, Mrs. Young thinks a new high school building should be built and that the elementary students should use the present high school building. An enthusiastic teacher who shows great interest in her students' success, Zion Chapel is fortunate to have Mrs. Young as a teacher.



Alabama History Class. Shown are some of the members of the class who constructed the projects.

ZCHS Rated Films

Made For Each Other -- Mr. Green and his paddle
The Finest Hours -- 3:00 bell
Count Three and Pray -- Exam day
For Whom The Bell Tolls -- Tardy students
A Walk In The Spring Rain -- Kitchen Mechanics -- Cooks
Free Eats -- The day the cookie machine tore up
Mean and Groan--Bookkeeping and History tests
Boogie Woogie Man -- Bob Slawson
Cut-Throat For Two -- Mrs. Lee and Mrs. Lowery's pets
When Comedy was King -- 9th Grade Hes Haw Show
The Dunwitt Horror -- Mrs. Lee when she keeps her class in
Action game
Butch Cassidy and the Sundance Kid -- Cindy and Barbara

ZCHS Editorial

Dear Uneducated: In answer to your letter asking my opinion of cigarette smoking, I would say that life on earth is short and when we begin to do things to shorten it we aren't the only ones to suffer. If we don't complete our purpose in life we often keep others from receiving the benefit of our lives. One of the most vital organs of the body is the lungs. Tests by thousands of experts have proved that cigarette inhalation affects the breathing process and makes it difficult for the lungs to function. One of my pet peeves is having someone try to impress you by offering you a cigarette, and if you decline they then try to impress you further by blowing smoke into your face. This is one way that one person's bad habits affect others. When you are in a group and many people are smoking, the air will soon fill with the harmful products that cigarettes produce. Cigarettes contain thousands of poisons that are harmful to the body. Ever tried to clean up after smokers? Ashtrays overflowing, burnt holes in furniture, cigarette pads lying around, these are only a few of the undesired effects of smoking. Almost everyone likes to practice good grooming habits. But with smokers, teeth lose their shine and are replaced by a yellowish stain that is usually permanent. No type or amount of mouthwash can remove the aroma of cigarettes upon the breath. Clothes suffer from cigarettes also. Holes burned in clothes are no uncommon sight. Smoking can be expensive. Seldom do people grumble though as much about paying tax on cigarettes as on other commodities. These are only a few of the disadvantages of cigarette smoking. You might wonder why I haven't shown any advantages to smoking; it's simply because I haven't any. I hope that after you weigh the pros and cons you will see that cigarette smoking is dangerous and possibly fatal. Sincerely, A Friend (Non-smoker)

Ever tried to clean up after smokers? Ashtrays overflowing, burnt holes in furniture, cigarette pads lying around, these are only a few of the undesired effects of smoking.

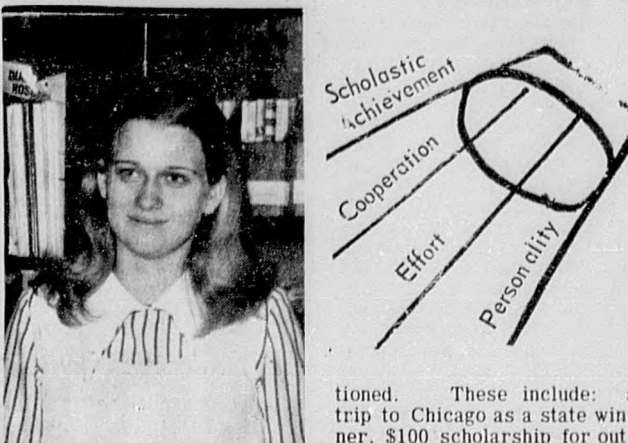
Almost everyone likes to practice good grooming habits. But with smokers, teeth lose their shine and are replaced by a yellowish stain that is usually permanent. No type or amount of mouthwash can remove the aroma of cigarettes upon the breath. Clothes suffer from cigarettes also. Holes burned in clothes are no uncommon sight. Smoking can be expensive. Seldom do people grumble though as much about paying tax on cigarettes as on other commodities. These are only a few of the disadvantages of cigarette smoking. You might wonder why I haven't shown any advantages to smoking; it's simply because I haven't any. I hope that after you weigh the pros and cons you will see that cigarette smoking is dangerous and possibly fatal. Sincerely, A Friend (Non-smoker)



Alabama History Class. Shown are some of the members of the class who constructed the projects.



JANUARY BIRTHDAYS



These include: a trip to Chicago as a state winner, \$100 scholarship for outstanding record book, \$25 savings bond, and an Edin watch. Working as a volunteer leader to a local 4-H Club, sewing, and crocheting are Nickie's favorite hobbies. From all her awards it is easy to understand the choice of Nickie as a winner of a Student Spotlight honor. She is an industrious teenager who accomplishes as much at home as in her community as the Rebel Yearbook. She also is serving as Teacher's Aide for the Fifth Grade. Mary likes the way the students and teachers work together. She also thinks that the advantage of a school this size is that it enables students to have more individual help from the teachers. The friendliness of the students, especially to new ones, was commended by Mary. When asked what could be improved about Z. C., Mary said that we should take more pride and help to keep the school cleaner. Her main interests are George, bowling, reading, sewing, cooking, dancing, and listening to the radio. Upon graduation, Mary plans to settle into a life of working, housekeeping, and marriage.

Senior of the Week

This week's senior is Mary Ann Baggett, daughter of Mr. and Mrs. Barney M. Baggett of Route two, Troy. Mary is a member of the Student Council, Library Club, 4-H Club, and Editor of the Rebel Yearbook. She also is serving as Teacher's Aide for the Fifth Grade. Mary likes the way the students and teachers work together. She also thinks that the advantage of a school this size is that it enables students to have more individual help from the teachers. The friendliness of the students, especially to new ones, was commended by Mary. When asked what could be improved about Z. C., Mary said that we should take more pride and help to keep the school cleaner. Her main interests are George, bowling, reading, sewing, cooking, dancing, and listening to the radio. Upon graduation, Mary plans to settle into a life of working, housekeeping, and marriage.

STUDY!!!

COME TO WORSHIP AND REJOICE... SUNDAY SERVICES

LOCAL CHURCH SCHEDULES:

ELBA UNITED METHODIST CHURCH
Ed Sells, Pastor
Sunday School . . . 9:45 a.m.
Morning Worship . . . 11:00 a.m.
Evening Fellowship Group . . . 7:00 p.m.
Supper . . . 6:30 p.m.
Evening Worship . . . 7:00 p.m.
Choral Choirs (Wed) . . . 6:00 p.m.
"The Methodist Hour" (WELB - Sat.) . . . 10:30 a.m.

ELBA FIRST ASSEMBLY OF GOD - Billy J. Johnson
Sunday School . . . 9:45 a.m.
Morning Worship . . . 11:00 a.m.
Evening Worship . . . 7:00 p.m.
Youth Service . . . 5:00 p.m.
Evening Evangelistic Service . . . 6:00 p.m.
Wednesday . . . 7:00 p.m.

ELBA DELIVERANCE TABERNACLE
Jimmy and Shirley Hatcher - Pastors
Sunday School . . . 10:00 a.m.
Morning Worship . . . 11:00 a.m.
Evening Service . . . 7:00 p.m.
Bible Study . . . 11:00 a.m.
Youth Service Sat. . . 7:00 p.m.
WELB Radio Daily . . . 12:20 p.m.

NEW EBENEZER BAPTIST CHURCH - Curtis T. W. Harrison, Pastor
Sunday School . . . 10:00 a.m.
Worship . . . 11:00 a.m.
Fellowship . . . 5:00 p.m.
Church . . . 6:00 p.m.
Prayer Meeting, Wed. 7:00 p.m.

ELBA CHURCH OF CHRIST
Jerry E. Gunnels, Minister
Bible Study . . . 11:00 a.m.
Morning Worship . . . 11:00 a.m.
Evening Worship . . . 7:00 p.m.

ELBA CHURCH OF GOD
N. Claxton St.
Sunday School . . . 10:00 a.m.
Morning Worship . . . 11:00 a.m.
Sunday Evening . . . 6:00 p.m.
Evangelistic Service . . . 6:00 p.m.
Wed. Prayer Service . . . 7:00 p.m.

THE CHURCH MESSAGE

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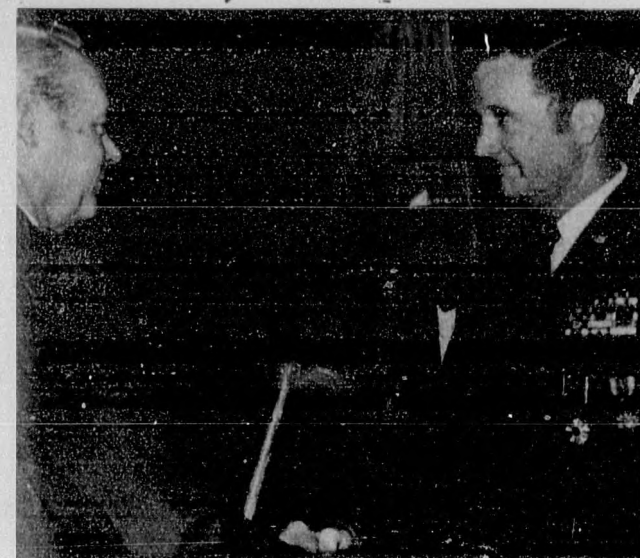
ELBA INSURANCE AGENCY

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THE ELBA CLIPPER

DORSEY TRAILERS

WHITMAN DRUG



Colonel Berry Segraves Jr. Receives Merit Awards

Colonel Segraves Jr., a 1945 graduate of Commerce, Ga., High School, and attended the University of Alabama prior to entering military service in March 1947. He was commissioned that year through the aviation cadet program. A veteran of the Korean War, he holds the aeronautical rating of command pilot.

His wife, Jean, is the daughter of Mrs. T. M. McCormick of New Brockton, Alabama. U. S. Air Force Colonel Berry A. Segraves Jr., son of Mrs. Berry A. Segraves Jr., Lexington, Ga., has received the Legion of Merit and two awards of the Air Medal for service in Southeast Asia.

Colonel Segraves earned the Legion of Merit for exceptionally outstanding service as director of operations support at Seventh Air Force Headquarters, Tan Son Nhut AB, Vietnam, from April 1971 to June 1972. He received Air Medals for sustained outstanding airmanship and courage while flying missions under hazardous conditions during the same period.

The colonel was presented the decorations recently at March AFB, California, where he now serves as director of operations and training on the fifteenth Air Force headquarters staff. The Fifteenth is a major component of the Strategic Air Command.

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Azalea Garden Club Holds Meeting

The first meeting of the New Year of the Azalea Garden Club was held on Wednesday morning, January 10th, with Mrs. R. H. Lee and Mrs. Harry Bullard serving as joint hostesses. In the lovely Lee home. During a delightful social hour, delicious cake, cookies and coffee were served.

Mrs. Price Ringo, president, opened the meeting with the club collect and usual order of business was reversed in order to have the program first.

Mrs. Duke Tatum introduced the guest speaker, Mr. Stokes Haire, who spoke interestingly on the subject of the Almanac. He gave attractive copies to the members and explained thoroughly the phases of the Zodiac, how the signs and symbols influence life rather than just being considered as Old Wives tale. Several amusing cases illustrated the belief held by some.

The business opened with roll call and minutes of the November meeting by the Secretary, Mrs. Boyd Murphree, Treasurer. Mrs. Boyd Murphree, Treasurer, gave the financial report and asked about any new projects being considered.

Mrs. Nellie Martin was appointed to serve on the Anti-Litter Committee with Mrs. Jim Whitman. The corresponding Secretary, Mrs. Robert Cannon, reported that letters of thanks had been sent to the City, Dorsey Trailers, and other agencies for the assistance given the Christmas Tree Committee.

The club voted to continue the sale of Bright of America articles and instructed Mrs. Anderson to renew an order for the school records. Mrs. Robert Cannon, chairman of the Horticulture Committee, led a discussion of what constituted the duties other than listing bulbs and all types of plants.

Announcement was made of the receipt at the Country Club given in honor of the new doctor, Doctor Kim, and members asked to give publicity to the event. Members present were: Mrs. Kasper Anderson, Mrs. Robert Cannon, Mrs. Fred Clark, Mrs. Claude Dorsey, Mrs. R. H. Lee, Mrs. Boyd Murphree, Mrs. F. H. Murphree, Mrs. Mayo Prescott, Mrs. Price Ringo, Mrs. T. Rhodes, Mrs. Sam Rowe, Miss Zedie Rowe, Mrs. Duke Tatum, Mrs. Oscar Vaughan Jr., Mrs. Flournoy Whitman, Mrs. Jim Whitman, Mrs. Harry Bullard, Mrs. Nellie Martin, Mrs. Edward Baker, and Mrs. Robert Davis Jr.

Sam Kelley
Receives Medal

Staff Sergeant Samuel G. Kelley, son of Mrs. Vannie L. Kelley, Rt. 5, Elba, Alabama, has received the U. S. Air Force Commendation Medal at McDill AFB, Florida.

Sergeant Kelley was decorated for meritorious service as an automatic digital switching specialist at McClellan AFB, California.

He is now at McDill in a unit of the Air Force Communications Service.

The sergeant a 1966 graduate of Elba High School, attended Enterprise, Alabama State Junior College. His wife, Brenda is the daughter of Mr. and Mrs. Thomas E. Kelley of Rt. 1, New Brockton, Alabama.

Magnolia Club Meets At Country Club

The Magnolia Garden Club held its January meeting at the Elba Country Club with Mrs. Jack Brunson and Mrs. Philip Scarborough co-hostesses after a delicious dessert plate. Mrs. Lister Brunson, program chairman introduced Mr. Tom Casaday, who gave an informative talk on suggestions for helping to beautify Elba.

Mrs. Duke Tatum introduced the guest speaker, Mr. Stokes Haire, who spoke interestingly on the subject of the Almanac. He gave attractive copies to the members and explained thoroughly the phases of the Zodiac, how the signs and symbols influence life rather than just being considered as Old Wives tale. Several amusing cases illustrated the belief held by some.

Mrs. James Rogers mother, Mrs. Polmar of Chattanooga, Tennessee, was a guest.

Driggers Couple To Celebrate Anniversary

Mr. and Mrs. J. F. Driggers will celebrate their 50th wedding anniversary on Sunday, January 28, from 2 to 5 p.m. The children of Mr. and Mrs. Driggers invite all their friends to come. The celebration will be held at their home on Rt. 1, Elba.

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COMPARATIVE STATEMENT OF CONDITION			
THE BANK OF KINSTON			
KINSTON, ALABAMA			
RESOURCES			
Cash and Due from Banks	DEC. 31, 1971	DEC. 30, 1972	
U. S. Government Obligations	\$ 154,980.20	\$ 181,622.71	
Other Bonds and Securities	313,009.50	758,947.50	
Federal Funds Sold	90,085.50	178,355.30	
Loans	575,000.00	500,000.00	
Bank Building, Furniture, Fixtures	928,309.77	1,148,736.77	
Other Assets	33,277.61	31,244.98	
	9,279.53	10,904.53	
TOTAL	2,103,942.11	2,809,811.79	
LIABILITIES			
Capital Stock	120,850.00	120,850.00	
Surplus	32,250.00	32,250.00	
Undivided Profits	42,200.12	39,415.03	
Reserve for Bad Debts	12,962.15	17,688.36	
Interest Collected—Not Earned	59,612.80	75,115.86	
Deposits	1,836,067.04	2,524,492.54	
TOTAL	2,103,942.11	2,809,811.79	
37% Increase In Deposits			
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Teenage Diet: One Way Ticket To Trouble

Are teenagers eating their way to heart trouble in adulthood? James F. Mrazek, M. D., Wetumpka, President of the Alabama Heart Association, thinks they are.

"Young people are often overweight and have established early in life are hard to break," he says. "Obesity can accelerate many cardiovascular diseases -- heart attack, high blood pressure (hypertension), stroke and congestive heart failure."

These are only medical terms to teenagers, but they take on added significance "when it's too late, after the damage has been done."

"Look at the foods they eat," says Dr. Mrazek. "Teenagers and college age young adults seldom bother with breakfast, except for a hastily gulped glass or two of whole milk which is high in animal fats. Their lunches even between meal snacks, are often loaded with rich calories, high in cholesterol and other saturated fats, and lots of refined sugar. To youths who say they're too young to worry about what they eat, she (he) replies: "Grease laden hamburgers and french fries, potato chips, prepared in saturated fats, malts made with whole milk -- and trim peers. The truth is, they're often just plain lazy."

Exercise is important too.

According to Heart Association Researchers, most overweight teenagers' diets are much the same as their slim and trim peers.

The truth is, they're often just plain lazy."

Exercise is important too.

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